



Plan to Return to Sports General Requirements for All Sports:

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- **Face coverings to be worn when not participating in the activity (e.g., on the sidelines).**
- **Face coverings to be worn by coaches, support staff and observers at all times, and in compliance with the [CDPH Guidance for the Use of Face Coverings](#).**
- **Observers maintain at least 6 feet from non-household members.**
- **No sharing of drink bottles and other personal items and equipment.**
- **Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.**
- **Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current [CDPH Gym & Fitness Center Guidance Capacity](#).**
- **Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.**

Protocols for Players

- Follow all Return to Play Guidelines
- Take your temperature daily and before activities
- Do not share water, food, or equipment without sanitizing
- Place equipment bags 6 ft apart from one another
- No high-5's, handshakes, hugs or group celebrations
- Keep Social Distance of 6 ft from one another at all times
- Mask must be worn at all times when not participating
- Wash hands with hand sanitizer before play, during breaks, and conclusion
- Use/touch your own equipment (if using team equipment - it must be cleaned by coach before use)

Protocols for Coaches

- Follow all Return to Play guidelines
- Inquire about how players are feeling each day; send students home if not feeling well.
- Keep Social Distance of 6 ft from others
- Must wear mask at ALL times
- When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.
 - Balls or other objects or equipment can be touched by multiple players during practice and play if the above hand hygiene practices are followed.
- Responsible for sharing and making sure players are following the protocols
- Responsible for sharing protocols with parents
- Have fun and stay positive - players and parents are looking to you to stay calm, supportive and caring at this time.

Protocols for Spectators/Parents

- Ensure that your player is healthy and notify coach if player is ill
- No spectators during practice or observe from cars
- Only household members may attend games but must follow social distancing guidelines
 - Each household must distance themselves from others (6ft)
 - Must wear masks at all times

Travel

Players may only travel to games with household members - no carpooling

Isolation and Quarantine

- Symptomatic athletes and staff must remain in isolation until test results are available, and repeat testing should be considered if initial testing is negative and symptoms continue and are consistent with COVID-19 symptoms
- All athletes and staff who test positive with COVID-19 must isolate: For 10 days after symptoms first appeared (or 10 days after specimen collection for their first positive test), AND At least 24 hours have passed with no fever (without use of fever-reducing medications), AND Other symptoms have improved.
- Individuals who test positive for SARS-CoV-2 and are asymptomatic, may return to work or school 10 days after the date of specimen collection for their first positive test for SARS-CoV-2.
- Close contacts must quarantine for 14 days by order.

PLAN

Athletic Director and/or School Site Covid Liaison in charge of implementation of plan and ongoing Covid related issues

1. Send Covid release paperwork home with other sports related paperwork (permission slip, concussion, etc). This ALL must be returned in order for the student to participate in sports.
2. Hold coaches meeting to go over Covid Protocols (above).
3. Coaches to go over protocols (above) with players before they begin participating.
4. Coaches to go over protocols (above) with any other help (asst. coaches , umpire volunteers).
5. Send letter home for parents reviewing player protocols (above) and spectator protocols (above).
6. The same actions will be taken for players/coaches who may test positive, have symptoms, or considered a close contact as in the school's policy.
7. Any Player not following protocols will be dismissed from the team. Coaches not following protocols will be replaced. Spectators not following protocols will be asked to leave.

Other links to stay informed:

Updated information from CDPH:

<https://www.cdph.ca.gov/Programs/OPA/Pages/NR21-057.aspx>

Information on Return to Play from CDPH:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>